



# THE CAROL WOODS NEWS

is published each month except July and August. It is distributed to residents, applicants on the waiting list, and other interested persons.

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February 2006

## THE GAY NINETIES

At one end of the spectrum there are two-year-olds on the waiting list for the Child Care Center on the Carol Woods campus. At the other end there are eighty-eight- and eighty-nine-year-olds joining the waiting list for *The Gay Nineties*, a group formed to enliven the lives of residents who have passed their ninetieth birthdays.

The Gay Nineties is the brainchild of **Glenna Chapin, Bea Dulberg** and **Thelma Perkins**, three women who “can’t stand not to be busy” and were inspired by Carol Wood’s emphasis on wellness and fitness. They wanted not only to keep fun in their own lives but to assure others have it as well. As exemplars of active and full lives at whatever age the three are well qualified to organize such a group. Glenna taught school before having children and again after they were grown. When she and her husband retired to Chapel Hill thirty-seven years ago she became a supporter and tour guide for the Botanical Gardens, not a job for the sedentary. At Carol Woods she has served on the Residents Council and the Welcoming Committee. Currently she helps take care of the bulletin boards and volunteers in the Gift Shop. After rearing her children Bea opened a boutique in Mt. Vernon, New York. She moved to Carol Woods ten years ago and immediately made her mark on the community by becoming the co-buyer for the Gift Shop, helping transform it from a small convenience store to the lovely gift shop it is today. In addition, she developed a trip program, organizing three over-night trips and monthly outings to theatre performances, art galleries and other venues each year. After helping to organize the computer room she continues to be an Associate who helps others with their computer problems. Thelma devoted much of her life to pursuing equal opportunities for African Americans, women and youth. Since retiring to Chapel Hill in 1998 she has been active in the community through her work at the Senior Center, United Way, United Nations Association, and Ackland

Art Center. At Carol Woods she volunteers in the Gift Shop and at the Child Care Center.

The first meeting of The Gay Nineties was a luncheon January 26 “see photo’s”. Pat Sprigg was invited as a guest to listen to their brainstorming of plans for the coming months. The next meeting will also be a luncheon. Guest speaker, Bill Powers, the author of *Alive and Well*, will talk about his interviews with people in their senior years who are leading active and interesting lives.

The group will plan at least one activity for each month, depending on the interests of its members. There will be a major effort to include a variety of activities to accommodate both those who are physically active and those with limited mobility.

Although there is no accurate account of how many residents are eligible for this group (age is privileged information), twenty-eight residents have already indicated an interest, seven on the third floor of Building One alone. Some have been real surprises because no one would have guessed they had reached that milestone. There are also several residents who are over one hundred who will, of course, be included. As the activities are publicized and birthdays are passed others will undoubtedly come into the fold. There are already younger residents looking forward to the day they can join.

NM



## HR DIRECTOR

Our new Human Resources Director, **Melanie Joyner**, is a cheerful young woman with a mission. "I'm here as an advocate for all Carol Woods employees: to encourage their education and their growth. I'm big on positive outcomes." There are 340 staff here: full time people number 197; relief people who come in weekends and holidays, 65; regular part timers, 26; and intermittent people, largely high schoolers, 52. Melanie adds, "Remarkably, we never have to advertise for evening wait staff for our dining rooms."

Melanie is not related to the famous Jackie Joyner, but she was herself a track star at E.T. Beddingfield High School in Wilson, NC. At Virginia Union University she took her degree in Chemistry and went on to get a Masters at Michigan State. She is a family person, moving back from her early career in Richmond to be closer to her parents and her three little nieces and one nephew. She's their favorite Auntie.

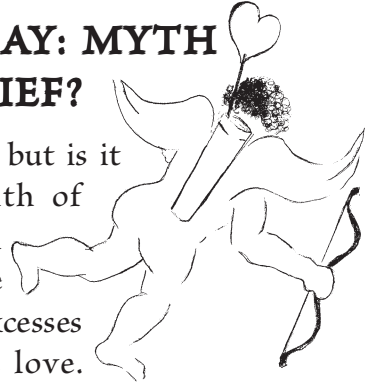
When you meet her, you will know why.

JB



## VALENTINE'S DAY: MYTH OR MYTH-CHIEF?

It sounds Christian, but is it really? The Fourteenth of February back in Roman times was more a day for revelry and excesses than gentle, romantic love. Called the Festival of Lupercalia, it celebrated Juno, the Goddess of Love. Young folks drew names at random; then with their new, unknown partner, slipped off to pay their respects to unlimited food, wine, and other pleasures of the flesh..



When Christianity became established in Europe, everything changed. The devout looked around for a saint to head up a more appropriate celebration. They settled on a Saint Valentine who had been martyred on February 14; he was a chaste, pious man who knew nothing about human love. He had gotten into trouble for supposedly defying a decree of Emperor Claudius II so the angry Emperor ruled that nobody could get married until Valentine was caught. Caught he was. In jail, he cured the warden's daughter of blindness, fell madly in love with her, and the night before his execution, sent her a love card signed "From your Valentine." The rest is history.

JB

### CONCERTS AND LECTURES

#### Concerts

February 15 – Meredith Players - Piano Quartet, String Quartet

**February 21 – Tuesday** - Eric Prichard, violin

March 1 – Mallarme Youth Chamber Orchestra, Mozart

March 8 – Richard Luby, violin and others

#### Thursday Lectures

February 16 – Sara Lowman – The Ukraine

February 23 – Grimsley Hobbs – Restoration of Fort Macon

March 2 – Joan Vermikos – Aging in Space

March 9 – Sheila Adams – Special Dulcimer Music

## WELCOME NEW RESIDENTS

**Angus and Kay (Catherine) Cameron (Cottage 189)** moved here from Silk Hope, near Siler City, NC, where they have lived for the past 14 years. Angus was born in Vass, Moore County, NC, and did his undergraduate work at Duke, later graduated from Garrett Theological Seminary. He did further graduate work at Union Theological Seminary in New York City. Kay was born on a dairy farm in Smyrna, NY, graduated from Keuka College, and later received her master's degree from Union Theological. They met in Brooklyn, NY, where they were both at work in churches. They moved back to North Carolina and Angus served for forty years as a Methodist minister in the eastern part of the state, including Mattamuskeet. Kay worked with children, youth and women of the churches, and was a librarian and teacher.

One exciting episode in Angus' life was accompanying boatloads of cattle to Poland and Italy in 1946, the early days of the Heifer Project. They have been especially active in environmental issues and politics, and both enjoy birding and walking. Angus likes growing vegetables and looks forward to bocce, while Kay enjoys reading and writing, particularly poetry and family reminiscences. They have two grandchildren living in Durham, NC, with the Cameron's oldest son and his wife. Their second son lives in Brattleboro, VT.

*Roger Gorham*

**Martha Carmichael (Cottage 186)** grew up in Augusta, Georgia and after graduating from UNC lived for 20 years in Charlotte. Martha was very active in the public schools during the implementation of Brown vs Board of Education decision that caused so much upheaval in Charlotte. As many left the public sector for newly-opened private schools, Martha remained committed to the public school system and developed an extensive reading program which helped both students and parents deal with the transition.

Martha moved back to Chapel Hill in the early 70's and, with the exception of a few years in New

Jersey and Florida, has been here ever since. She was a Clinical Psychologist, practicing first in Charlotte and then in Chapel Hill. She has two sons and a daughter in Charlotte, a daughter in Winston-Salem and eight grandchildren. She is an avid gardener and swimmer and enjoys reading and working out at the UNC Wellness Center in Meadowmount.

**Jack Reed (Cottage 101).** The Reeds moved to Chapel Hill twenty-four years ago as young retirees. Jack and Nora were consummate volunteers in the Chapel Hill serving many organizations: Planned Parenthood, Red Cross, Chapel Hill Library, UNC Hospitals, UNC TV. This involvement, now pursued alone following Nora's death three years ago, has brought Jack into contact with a number of our residents. He comes not as a stranger.

Jack was born and raised in Sacramento, CA. His undergraduate program at Stanford University was interrupted by a four-year tour of duty in the US Coast Guard. He completed the Stanford curriculum for Mechanical Engineering degree in 1948. He was employed by Leeds & Northrop, a company notable for producing laboratory equipment primarily for use on electrical and electronic instrumentation. He rose to managing plants and operations in Los Angeles, Salt Lake City, Seattle, East Orange (NJ), and Boston, whence he retired to Chapel Hill. There are four children, two daughters and two sons. A daughter lives in Chapel Hill, while the other offspring are in Massachusetts, Alabama and Oregon. Seven grandchildren, and two great-grandchildren complete the family circle today. Besides family and volunteering, Jack's interests extend to gardening, reading, and "dabbling" in investments.

*Terry Nestor*

## WHAT'S GOING ON HERE

During the next couple of months, Carol Woods residents are invited to sign up for service as jurors in Moot Court training sessions at the UNC Law School...A bus shelter has been constructed near the entrance to the Main Building. Many residents and staff use the daily, every half hour, free service of the Chapel Hill public bus system... The white deer seen in our woods has also been reported in the local newspapers. Seeing this lovely creature running through the woods is quite magical, its grace and beauty enough to forgive the eaten pansies... MSHAC and Project Compassion are recruiting volunteers from Carol Woods. MSHAC – Mobile Student Health Action Coalition- and Project Compassion address the medical and social needs of individual elderly clients who still live in their own homes...

## BEANS AND ME

Beat 'em up	Eat a lot
Eat 'em up	All I've got
Chew 'em to a pulp	But late at night
I always eat beans	I'll find eating beans
In one big gulp.	Was not so bright.
Toss 'em down	Dreamt a lot
Get 'em down	Felt real hot
Chew up every one	Had a stomach ache
Eating beans	I never want to see a bean
Is lots of fun.	Now that I'm awake.

*Russ Graves*



## RESIDENT ASSOCIATION JANUARY 2006 MEETINGS

At the January 10 meeting of the Residents Association, President Ross McKinney announced that **Nancy Martin** accepted appointment to chair the Audio/Visual Committee. He also thanked **Kip Lester** and the Party Committee, as well as **Isabelle Webb** and her luminaries crew, and the Summer Festival Committee for our Holiday Celebration programs — and offered special thanks to the Carol Woods staff for their help. **Pat Sprigg** reported that, with the extension of our long-term debt structure from 2012 to 2031, Carol Woods, working at an interest rate of 3.48%, is in good shape. At budget time, management must evaluate the priority and feasibility of projects suggested by committees.

*RM*



**STAFF:** Natalie Fiess, Chair; Jane Berryman, Russell Graves, Ray Mack, Nancy Martin, and Mary Scroggs. Ann Kendall, drawing.  
**Circulation:** Barbara Allen, Janet Campbell, Helen Hawley, Beth Jukes, Eva Lynch, Jessie Lutz, Stella Lyons and Lang Prouty.

### CAROL WOODS

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